

Tobacco Cessation Program

Session 3

“Getting Started”

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Objectives:

- Talk about carbon monoxide and smoking
- Review the ways tobacco affects your mind
- Discuss planning for recovery
- Explore coping strategies to deal with cravings
- Discuss ways to deal with stress without using tobacco
- Develop a Rewards Plan

Motivational Thoughts

“We are what we repeatedly do.”
Aristotle

“Habit is either the best of servants or the worst of masters.”
Nathaniel Emmons

“To improve your way of living, you need to inconvenience yourself for a while.”
Edward Fischer

Carbon Monoxide and Smoking

Carbon monoxide (CO) is a colorless, odorless gas in cigarette smoke. It is toxic and can kill in high doses. Locate your CO reading on the chart below to determine your personal level of exposure.

Carbon Monoxide ppm *	Responses to Exposure
0 – 8 ppm	Non-Smoker
20 ppm	Loss of oxygen vital to organs such as the brain, heart, etc.
35 ppm	Legal limit for eight-hour Work-place exposure.
50 ppm	Urban “Air Pollution Emergency Alert”
60 ppm	Headaches, nausea, mild dysfunction of the central nervous system, vision impairment, inability to think clearly.

*ppm = parts per million

How Tobacco Affects Your Mind

- Mary smokes to relax when she's feeling tense.
- Bob uses tobacco to feel more alert when he's feeling dull.
- Others use tobacco when they are depressed or bored, or to overcome feelings of anger or grief.

How can tobacco use be so many things to so many people? The answer lies in the chemicals in tobacco and the powerful psychological effects they have.

Nicotine – A Stimulant

Nicotine, the chemical that makes addicts out of tobacco users, is a stimulant with properties similar to those of cocaine and amphetamines (speed). Nicotine provides the pick-me-up that tobacco users feel. It increases heart rate, blood pressure, and breathing rate. It makes the user feel more alert. Unfortunately these effects wear off after twenty minutes or so, and the tobacco user is left craving another pick-me-up.

Acetaldehyde and Carbon Monoxide – Sedatives

Acetaldehyde, a by-product of both cigarette smoke and alcohol, has some sedative properties. The carbon monoxide in cigarettes makes you feel dull the way you would in a stuffy room with not enough air. These chemicals seem to dampen some people's feelings of tension, anger, or strong emotion.

Other Psychological Effects

For many, the act of smoking itself—pausing in one's work, lighting up, exhaling a certain way—becomes a comforting ritual in itself. The smoker may be involved in a private fantasy that relieves feelings of boredom and meaninglessness. Smoking may go hand in hand with other activities, such as drinking coffee or alcohol or eating dessert. These "triggers" are why quitting smoking involves more than just kicking the nicotine habit.

Other Triggers:

Understanding Is Power!!

Take a closer look at the feelings that make you want tobacco and those that you have after you have used. Understanding these feelings will put you in charge when you are ready to stop tobacco use.

Planning for Recovery

You are more likely to be successful in accomplishing your goals when you have a plan. Planning includes identifying the process, the hurdles, the resources, and the time to accomplish your goals. The goal is recovery from nicotine dependence. Consider the following time line as a basis for your planning process. Add to it the hurdles you have identified, then seek resources and tools to successfully jump the hurdles. Keep your time line handy, refer to it often and evaluate your progress. Refine and continue to add resources and tools as new information is added

Below are common points for relapse. Add them to your personal hurdles as you plan your recovery time line.

- | | |
|---------------------|---|
| 2 to 3 days | Major physical withdrawal symptoms and major routine changes
(i.e., irritability, sleep pattern disturbances, inability to concentrate and stay on task) |
| 2 to 3 weeks | Physical and emotional fatigue, feelings of sadness, boredom, loneliness |
| 2 to 3 weeks | Overconfidence, (i.e., "I've got control and I can have just one," or, "I've done such a good job, I'll have just one".) |

Your goal: Quitting tobacco

Tools:

Resources:

Support System:

Breaking Habits and Changing Patterns

Quitting tobacco will involve a conscious effort to break habits and change your pattern of behavior. The following are ways to break some common tobacco-use habits.

- Avoid places where tobacco is used. Sit in the nonsmoking sections in restaurants.
- Avoid bars and other places people smoke at least until you have completely quit and feel you can be around these places without problem.
- Get all tobacco out of the house.
- Get rid of ashtrays and cigarette butts from house and car.
- Do your "spring" cleaning. It's amazing how the odor hangs around in the carpet, rugs, car, and winter clothes like sweaters and coats.
- Don't hang with people who use tobacco.
- Have a plan in place to use if you run into problems.

What are some habits you may need to change?

What steps will you take to change your pattern of behavior?

Coping Strategies for Cravings

Active Responses: Things You Can *Do*

- Are you hungry? Do you need a low-fat, low-cal snack?
- Drink water or choose another nonalcoholic drink.
- Engage in physical activity.
- Engage in play.
- Take several deep, slow breaths.
- Find something to occupy your hands.
- Find something to occupy your head.
- Minimize association with people, places and things that remind you of tobacco use.
- Call a friend.
- Take a warm bath or shower.
- Write a letter about your experience.
- Write in your journal.

Internal Responses: Things You Can *Think*

- Think about the positive benefits of your new lifestyle.
- Think about the negative effects of your old lifestyle.
- Give yourself the command: **"Stop"** or **"Halt."**
- Remind yourself how hard it was to get this far.
- Tell yourself you really **"Do Not Want to Use Tobacco!"**
- Distract yourself with pleasant thoughts.
- Imagine the immediate harmful effects of tobacco use.
- Tell yourself you only need to stop one day at a time.
- Acknowledge the pain of quitting – praise your efforts so far.
- Imagine yourself as a successful person who is free of tobacco's control – see yourself looking and feeling great.

Relaxation Techniques

During the first week or two after you give up tobacco, nicotine withdrawal can leave you feeling like climbing the wall. If only you could relax with tobacco the way you used to do! Here are some ways to achieve the relaxation you really crave-without using tobacco. These techniques are also good for coping with the insomnia that some people feel.

Deep Breathing

There are a number of ways to do deep breathing. Try this one:

Exhale slowly through the mouth, letting all the air out of your lungs. Feel your tension and anxieties going out with the breath, pause, then inhale deeply through the nose, using the muscles of your abdomen to pull in the air. Keep your chest muscles relaxed and let your chest expand by itself as you inhale. Pause, then exhale deeply. Do this four to ten times. Remember to keep it slow and deep. You don't want to get dizzy or out of breath.

As you breathe deeply, think of how the fresh air flowing into your lungs is carrying away the toxins that have built up there over the years of smoking. With each breath your lungs are closer to being clean and clear, the way they were meant to be. Each cleansing breath also helps relieve the stress of becoming tobacco free.

Variation

Try this "simulated smoking" variation: When faced with a craving, pretend you are smoking. Inhale as though you were taking a drag on a cigarette. Then exhale slowly, focusing on the good aspects of not smoking. Or try this: inhale, light a match, and blow it out. Crush the match in an ashtray as though it were a cigarette. As you do this, think of how much cleaner your house is now that you don't have ashtrays full of butts around.

Progressive Muscle Relaxation

Progressive muscle relaxation is an excellent method for achieving relaxation and relieving stress. There are many ways to do it. Try this one, sitting in a comfortable chair, or better yet, lying comfortably in bed or on the floor:

- Begin by closing your eyes and taking a few deep breaths and letting all the air out.
- Then focus your attention on your feet.
- Tense the muscles of your feet so that your muscles tighten and your toes curl.
- Notice how your feet feel when they are tense.
- Hold the tension for a few seconds and then relax.
- Feel all the tension leaving your muscles as you relax.
- Now notice how your feet feel when they are relaxed.

- There may be warmth, heaviness, or tingling sensations.
- You can do this exercise one-foot at a time or both feet together, whichever works best for you.
- Now move up your body, tightening and loosening in sequence the muscles of your calves, thighs, buttocks, abdomen and torso.
- Tighten your hand muscles and work your way up your arms to your shoulders and neck.
- Tighten and relax your jaw muscles.
- Press your tongue against the roof of your mouth and relax.
- Tense and relax the muscles of your face and scalp by making a grimace. You may be amazed at how much tension there can be in the facial muscles.

When you have finished this exercise, lie still for five minutes and notice the sensation of your completely relaxed body.

Relaxing Specific Areas

Progressive muscle relaxation helps you become more aware of the tension in your body. For a quick relaxation, tense and release only those muscles where you notice tension—most often in the shoulders, neck, lower back, and scalp. Feel the tension flowing out as you relax.

Visualization

Sitting in a comfortable chair, close your eyes, and visualize yourself in a peaceful setting. This could be a meadow with birds singing, a childhood home, or the seashore. Feel the peace descending and enfolding you as you notice the sights, sounds, and smells of this peaceful place. Take five to fifteen minutes for this exercise.

The Quieting Response

1. Smile inwardly.
2. Open hands and relax your jaw.
3. Breathe in relaxation, breathe out tension.
4. Repeat deep breathing 2-4 times.

This takes about 10-12 seconds to do and can be done frequently during the day - anytime you feel the tension building. The more you practice it, the more it will have a calming effect for you.

Relaxation Audiotapes

A wide variety of stress reduction and relaxation audio-tapes are available for purchase. Tapes can guide you through deep breathing exercises, muscle relaxation exercises, and other relaxation techniques.

Exercise and Addiction Recovery

Does exercise play a role in recovering from drug, alcohol, nicotine, or other addictions? Some researchers claim that it does. Saying "yes" to exercise helps people say "no" to tobacco, alcohol, and other drugs.

Your Body Has Its Own Answers

There is one type of "drug" the body itself produces naturally when you exercise - endorphins. Endorphins are tranquilizing and pain-killing hormones secreted by the brain in response to the vigorous activity of exercise. They help relieve anxiety and increase positive feelings, thus partially replacing the addict's dependency on foreign substances. Also, endorphins don't have the dangerous side effects of alcohol, nicotine, or other drugs.

The Soothing Effects of Vigorous Activity

Alcohol and other drugs interfere with a person's sleep patterns, and recovering addicts may have difficulty getting a good night's sleep. But exercise helps by ridding the body of stress. Of course, exercise can also energize a person, so it's best not to exercise just before bedtime.

Many people who are withdrawing from drugs feel "wired," edgy, aggressive, depressed, or any of a host of other negative feelings. Because exercise is renowned for its stress-busting, morale-boosting powers, it can provide a safe "handle" to grab onto while working out the ill effects of an addiction.

Exercise and You

Exercise is also an excellent stress-reliever.

A balanced exercise plan will keep you physically fit, burn excess calories, and tone muscles. A body that is fit will be at less risk for serious injury. A body that is fit will be able to function at a higher level; a body that is fit will perform and feel better as it ages.

If you currently exercise on a regular basis (three-times per week with an aerobic portion of at least twenty minutes) congratulations! Decide if this is enough as your nicotine level drops and your metabolism decreases. If you do not currently exercise on a regular basis, start your plan and begin slowly. People who are successful long-term often have an intensive exercise program for the first three months of cessation.

Your Exercise Routine ~

Warm-up Phase - Begin your exercise workout with five to ten minutes of a warm-up followed by stretching of major muscle groups. The warm-up increases your body temperature and heart rate. This is essential for safe and efficient functioning of the lungs, heart and blood vessels during the more vigorous portion of exercise. Gentle stretching of the major muscle groups in the legs and arms makes the joints more flexible and the muscles more elastic. This prevents injury during exercise. Stretch each major group by holding a gentle stretch for 20-40 seconds. Do not rock or bounce. Follow with warm-up movements that slowly increase in pace and vigor. Walk for five minutes before a jog.

Aerobic Phase - If you are not exercising regularly, begin this phase slowly and build time gradually over a period of at least three weeks. Establish your aerobic exercise target heart rate range.

$$\begin{aligned} &220 - \text{age} \times 60\% \text{ \& } \\ &220 - \text{age} \times 80\% \end{aligned}$$

For example, if you are 40 years old:

$$220 - 40 = 180 \times 60 = 108$$

$$220 - 40 = 180 \times 80 = 144$$

Your target heart rate for the aerobic portion of exercise is 108 to 144)

During the aerobic phase, your heart rate should be at least 108 but not greater than 144. If you are exercising regularly, evaluate the length of the aerobic phase and number of times per week. If you want to work off stress, calories, or fat, a daily exercise plan with an aerobic phase of 30-60 minutes should be the goal. If you want to maintain your current weight and fitness level, an exercise plan of 3-4 times per week with an aerobic phase of 20-45 minutes will be adequate.

If you have not been exercising on a regular basis, consult your primary care provider before beginning your exercise routine. Start with an aerobic phase at the lower end of the target heart rate range for 5-10 minutes. Gradually add five minutes every week, until you reach your goal of 20-60 minutes.

Select an aerobic activity that you enjoy and can do easily during any type of weather. Gyms often have treadmills, stair climbers, rowing machines, Nordic tracks, etc. Some have aerobic classes such as step aerobics, low impact aerobics, and water aerobics available. A fast paced walk will provide the movement necessary to reach the target heart rate range and maintain the heart rate for the aerobic phase. Bike riding, lap swimming, jogging, and roller blading are good aerobic activities. The key is selection of activities you can enjoy and do daily that will get your heart rate up and keep it in the target range for the aerobic phase.

Cool Down and Relaxation Phase - During the 10-15 minute period following vigorous aerobic phase, continue moving. Gradually slow the pace and allow your heart rate to drop. Do not stop. When your heart rate drops to 100 beats or less, it is safe to begin your stretching exercises. Stretch each major muscle group for a minute or two to prevent soreness and stiffness of the major muscle groups. As you become physically fit and nicotine free, your resting heart rate will drop and the time it takes for your heart rate to return to pre-exercise level will shorten. (Resting heart rate is your pulse counted in the morning before you get up and begin activity.) This is a true measure of cardiovascular fitness.

Your Exercise Plan

Track your body measurements, resting heart rate, and recovery time. This will give you a better picture of your fitness than will weight gains or losses. Remember, as muscle tones you may weigh 3-5 pounds more than before when muscles were flabby and out of shape.

My exercise plan:

I will have an aerobic phase of _____ minutes, _____ times per day or week.

My resting heart rate is _____

My target range for exercise is _____

My goals for exercise are:

_____ Fitness

_____ Improved muscle tone

_____ Weight maintenance

_____ Burn fat stores

_____ Better endurance

_____ Stress management

_____ Other _____

Reward Yourself!

You have money that you no longer spend on tobacco products. Use that money to reward your efforts and progress. Buy a new cologne, have a massage, take a class in a craft or hobby you find relaxing and fun, take a friend to a movie, go out for dinner; plan a weekend getaway with that special someone. Be nice to yourself! You deserve a reward for your hard work.

Examples:

Go to the movies.

Buy new golf balls.

Take a nature walk.

Call a friend for a long chat.

Buy a new drill bit.

Get a massage.

Take pictures.

Get carry-out for dinner.

Go on a picnic.

Use a new can of tennis balls every time you play.

Buy a new cologne or perfume.

Take a nap.

Treat yourself to your favorite drink – milkshake, cappuccino, whatever.

Buy a new power tool.

Go bowling.

Get new materials for your hobby.

Stay in bed on a weekend morning and read the paper.

Buy a magazine

Go to a minor league ball game.

Go out for breakfast.

Hire someone to mow the lawn.

Watch TV in the middle of the afternoon.

Go to an arcade and play games.

Buy a new book.

Get a manicure.

Eat a hot fudge sundae.

Play miniature golf.

Send a friend a funny card.

Stay in bed on a weekend morning and read the newspaper.

Rent a video and eat popcorn.

Sit and listen to a favorite tape or CD.

Buy new fishing equipment – new hook, new lures, new line.

Take a long bath in scented water.

Buy a new jacket.

Redo your hair.

Buy camping equipment --- a new canteen, extra wool socks

Start a puzzle

Go to a concert at a local college.

My 30-Day Reward Plan

I am proud of the fact that I've quit using tobacco. It's hard, but it is worth it. I honor the strength it takes to stay abstinent and I will reward my success, one day at a time.

Date: 1 Day Tobacco Free Reward:	Date: 2 Days Tobacco Free Reward:	Date: 3 Days Tobacco Free Reward:	Date: 4 Days Tobacco Free Reward:	Date: 5 Days Tobacco Free Reward:	Date: 6 Days Tobacco Free Reward:
Date: 7 Days Tobacco Free Reward:	Date: 8 Days Tobacco Free Reward:	Date: 9 Days Tobacco Free Reward:	Date: 10 Days Tobacco Free Reward:	Date: 11 Days Tobacco Free Reward:	Date: 12 Days Tobacco Free Reward:
Date: 13 Days Tobacco Free Reward:	Date: 14 Days Tobacco Free Reward:	Date: 15 Days Tobacco Free Reward:	Date: 16 Days Tobacco Free Reward:	Date: 17 Days Tobacco Free Reward:	Date: 18 Days Tobacco Free Reward:
Date: 19 Days Tobacco Free Reward:	Date: 20 Days Tobacco Free Reward:	Date: 21 Days Tobacco Free Reward:	Date: 22 Days Tobacco Free Reward:	Date: 23 Days Tobacco Free Reward:	Date: 24 Days Tobacco Free Reward:
Date: 25 Days Tobacco Free Reward:	Date: 26 Days Tobacco Free Reward:	Date: 27 Days Tobacco Free Reward:	Date: 28 Days Tobacco Free Reward:	Date: 29 Days Tobacco Free Reward:	Date: 30 Days Tobacco Free Reward:

Homework:

1. Complete your 30-Day Reward Plan.
2. Read the information in this manual about relaxation techniques.
3. Practice one relaxation technique every day.
4. Read the Exercise Plan materials in this manual and bring questions next session.

Optional: Read “Who Am I?” and complete the activities

Who Am I?

We all have a picture in our heads of who we are. This picture is a powerful force, which drives our behavior and feelings. If we see ourselves as capable and successful, we will likely perform and accomplish our goals. If we see ourselves as unable and inadequate, self-doubt will frequently keep us from doing our best. When people use and become addicted to chemical substances, the internal picture is that of a user embarking on the road to recovery. There is a phase of discomfort caused by a new behavior and an old internal picture. Therefore, we tend to see ourselves as users for 20-30 days after we quit using the chemical.

Effective processing for tobacco freedom includes actively changing the internal picture. This will provide for true freedom and the ability to terminate the change process at some point down the road. Many exercises can be done to help with this process.

1. Journal – Begin keeping a journal of your path to freedom from tobacco. Record every time you used tobacco. Also record those times when you feel uncomfortable. List the time, how you felt, what was going on around you and the random thoughts running through your head.

Review your journal every few days. What are the feelings that surround the times when you are most uncomfortable? Talk to people who have never used tobacco and ask them what they do when they are tired, stressed, angry, lonely, and so on. Begin to assign other things you can substitute for your tobacco use. When you're anxious, irritable, or angry, assign a physical activity to do instead (for example, sing, walk, play, dance, ride, talk, write, draw). When you're bored, lonely, or sad, assign a comfort activity to do (for example, take a warm shower/bath, massage, yoga exercise, meditation exercise, listen to music, stretch/relax, call a friend).

List things to do instead of using tobacco:**Physical Activities**

Comfort Activities

2. Create a Picture – Draw a picture or write a descriptive paragraph about yourself, how you look and feel about yourself as a tobacco user. Adding color to the drawing or vivid descriptive words to the paragraph will enhance the impact of this exercise.

Next, repeat this exercise drawing a picture or writing a paragraph about how you will look and feel about yourself as a person who does not use tobacco. Each day as you do a relaxation exercise, create the picture in your mind of the new you - the you who is no longer controlled by nicotine.

3. Create a List – Where can you go, what can you do, and who can you be with in a tobacco free area? Stay clear of your old tobacco using spots. Develop places to go, things to do, and a network of people who are healthy and tobacco free.

4. Relax – Incorporate daily times for moments of relaxation. Get away from your work site, take a few deep breaths, go for a walk, or sit back for a moment and concentrate on tightening and relaxing muscle groups while you slowly inhale and exhale.